

MHSA Presentation to the Education and Local Government Interim Committee (HJ 26)

Mark Beckman, Executive Director and Brian Michelotti, Assistant Director

MHSA Concussion Pro-action PRIOR to the Dylan Steigers' Act:

- A. National Federation of State High School Associations (NFHS) Rules Changes Affecting Risk (1982 – 2014).
- B. Brian Michelotti served on NFHS Medical Advisory Committee (2008-2012). During this time, the NFHS implemented the new concussion rules.
- C. NFHS Concussion Rule in 2009 – The rules have changed significantly.
- D. NFHS - information on free online training by the CDC on concussions for health care professionals.
- E. MHSA Sports Medicine Page – with excellent concussion resources for Administrators, Coaches, Athletes and Parents
- F. Keynote Speaker at 2009 MHSA Annual Meeting in Bozeman – Dr. Stephen Klepps, Billings
- G. Keynote Speaker at 2010 MHSA Annual Meeting in Helena – Dr. Phillip Steele, Helena
- H. MHSA / MOA Concussion and Serious Injury Procedure – Implemented in 2010 to assist MHSA Coaches, Officials and Administrators with return to play decisions.
- I. MHSA Return to Play – MD/DO/NP/PAC – The Rule changed in the 2010-11 school year and then again in 2013-14 school year with the implementation of State Law
- J. Dr. Michael Koester (Chair of the NFHS Sports Medicine Advisory Committee) - PowerPoint and Voice-over used in all MHSA Rules Clinics in 2010-11 school year. Clinics viewed by over 6,000 high school coaches and officials.
- K. MHSA Online Clinic slides in MHSA Rules Clinics seen by all and MOA officials in 2011-12 (viewed by 6,000 people annually)

The following bulleted items are not included in this packet but were provided:

- *MHSA - Heads Up CDC Tackling Packet to every school in 2005 (not in packet)*
- *Posters - Proper Helmet fitting and Rule Changes posters sent to schools annually (not in Packet)*
- *NFHS - Return to play rules have been compiled for all 50 States by NFHS (not in packet)*

MHSA Concussion Pro-action AFTER the Dylan Steigers' Act:

- L. Dylan Steigers Protection of Youth Athletes Act – Montana's Concussion Law
- M. MHSA Concussion Requirements from 2013-14 school year to present:
 - a. Student-Athlete and Parent/Legal Guardian Concussion Statement
 - b. Education Material – A Fact Sheet for Athletes, Parents and Other Resources.
 - c. MHSA Concussion Administration Checklist
 - d. Annual NFHS Online Concussion Clinic required for every MHSA Coach and MOA Official – Viewed by 11, 915 since 2009
- N. NFHS - Recommendations and Guidelines for Minimizing Head Impact and Exposure and Concussion Risk in Football
- O. Other Educational Opportunities by MHSA Staff
 - a. USA Football National Youth Summit – Canton, OH – July 16-19, 2013 – Brian Michelotti attended.
 - b. USA Football Heads Up Football Player Safety Coach Training – Pocatello, ID – August 12, 2014 - Brian Michelotti attended.
 - c. USA Football National Conference – Indianapolis, IN – February 20-22, 2015 - Brian Michelotti attended.
 - d. NATA Collaborative Solutions for Safety in Sport National Meeting – A National approach to Health and Safety Best Practices and Policy Change – New York City, NY – March 26-27, 2015 – Mark Beckman and Brian Michelotti attended.
 - e. MHSA Staff has presented multiple times around the state in regard to concussion awareness and education.
- P. MHSA Online Clinic slides in MHSA Rules Clinics seen by all and MOA officials in 2014-15 (viewed by 6,000 people annually)
- Q. MHSA Ad-Hoc Committee – Reducing Head Impacts and Minimizing Concussions – 2014
 - a. Committee – Appointed October 2014
 - b. Minutes and recommendations for the committee meeting
 - c. Final Action approved by MHSA Executive Board to implement in the 2015-16 Season
 - i. Contact and Quarter Limits – Football

MHSA Concussion Future Pro-action:

- R. Effective in 2015-16- HeadStrong Concussion Insurance for MHSA Athletes and Cheerleaders.
- S. Effective in 2015-16 – Distributing “Anyone Can Save a Life Program.” This will be a free recommended resource for MHSA Schools to implement Emergency Action Plans provided in the fall.
- T. Effective in 2015-16 – Promoting and supporting the new National Program – Play Hard, Play Safe Program. This developed by the Illinois High School Association as a website where players, parents, coaches, etc. can go and get the information they need to make informed decisions on sports safety. Access to this program will be provided to all member school in 2015-16.

The following bulleted items are not included in this packet:

- *Effective in 2015-16 – Providing schools the opportunity to reduce the cost of baseline testing to \$1.00 per athlete through our insurance broker.*
- *Exploring additional training requirements for coaches in football. We are investigating the use of the Heads Up Football which is a formal training program in tackling and blocking techniques.*
- *Exploring Soccer and Cheerleading studies to reduce exposure to head injuries.*
- *Exploring the use of pole vault helmets. These will eventually require NOCSAE approval.*
- *Exploring the use of bubble hats (Some MLB use now) for MHSA soft catcher helmets are required. Eventually an approved face mask for ir*
- *Exploring C3 – which is a customizing the gathering of concussion inju*
- U. Sports Concussion Algorithm – South Dakota's mandate to standardize tr